



Dover Swims

Dover Recreation

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April 2012

Friends of Dover Recreation, Now Official

After many months of work and waiting, Dover Recreation now has a non-profit of its own. With 501(c)(3) status, the Friends of Dover Recreation can pursue grants and other opportunities to improve programs and equipment. Under the umbrella of the Friends, Dover Swims will be looking into grants to help fund pool covers for the Jenny Thompson Outdoor Pool, handicap accessibility equipment for both pools, and improvements for the Henry Law Park playground and riverside area. If you would like to be involved in improving swimming opportunities or other recreational opportunities in Dover, please contact Gary Bannon, Recreation Director, at g.bannon@dover.nh.gov or 516-6410.



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Attention all competitive swimmers!

Dover's own Olympic champion, Jenny Thompson, will once again offer her advice and support during the 2nd Annual Jenny Thompson Swim Clinic. Last year's youth-only clinic was well attended and successful. As with last year, all participants will be able to meet and work with Jenny as well as other local swimming coaches at the Olympic size Jenny Thompson Outdoor Pool. The youth fee is \$100 for a full day on May 19 and includes lunch, snacks, and a special clinic t-shirt. The fee for adults is \$50.00 for a 3.5 hour morning session on May 20 and also includes a t-shirt. Participants do not need to be members of a swim team but should be serious about improving their competitive skills.



Information and registration forms are available at www.doverswims.com. The event will be held rain or shine, and slots will fill quickly.



"Dover Pools"



Staying Afloat in a Sea of Information



Reaching out and touching someone once was an easy task: you called, met in person, tacked a note on to the bulletin board, or sent a letter. With all of today's technology, getting the message out should be easy. In reality, however, it is difficult, because everyone wants to get your attention. We want to keep swimmers aware of what's happening at the pools, so we are doing our best to reach out to you without overwhelming you.

- Dover Swims newsletter: published at the beginning of every month, the newsletter includes the latest schedule, Pool Profile, upcoming events and activities, swimming-related news and hints, and some for-fun material. Hard copies can be picked up at the front desk. Electronic versions can be viewed through a link on Facebook and at www.doverswims.com.
- Facebook: the Dover Pools site includes a link to the newsletter and the latest news, such as last-minute extra rec hours, temporary schedule changes due to meets or special events, special offers, and the opportunity to "friend" other local swimmers.
- Posters at the pools: these will publicize special events, meetings, special offers, and temporary schedule changes.
- Dover Recreation e-newsletter: sign up at <http://www.dover.nh.gov/rechome.htm> and receive news to your e-mail. You can specify all recreation programs, just pool news, or some combination.
- Foster's Daily Democrat: these articles will feature community-wide events or newsworthy items, such as special events, recognition of special people and efforts, and significant improvements to facilities.
- Dover Download on-line: these city-wide announcements cover a broad range of topics, but pertinent pool-related topics will appear when appropriate.
- Pool Advisory Committee meeting minutes: The committee meets the first Monday of the month. The marketing/fundraising sub-committee meets the third Monday of the month. (The public is welcome to attend any meeting!) If you want to view the minutes, visit <http://www.dover.nh.gov/pastmeetingrecords.htm>, scroll down to Pool Advisory Committee, and click on the date of interest.



Dover Pool Profiles: Aquatics Volunteer Awards

By Gary Bannon, Dover Recreation Director

For the last 18 years, the City of Dover Recreation Department has coordinated an annual awards program to honor volunteers and business sponsors of the department's many recreation programs and activities. These individuals receive a Heyliger Award, named after former Dover Recreation Director Don Heyliger whose impact on the development of recreation in Dover is still felt today.

One area that is recognized through the Heyliger Awards is the Dover Aquatics Programs. Each year we have the privilege and opportunity to name a deserving individual or individuals who volunteer their time and talents to benefit the pools and programs we are so fortunate to offer.

This year we had a dilemma in that we had more than one deserving person in this area. Both Dawn Haines and Suzanne Petersen were nominated for the award and both have demonstrated the dedication and commitment that epitomizes the character consistent with Heyliger Award winners. Since it was clear that there were two very qualified candidates in Aquatics this year, the committee decided that both would be recognized as recipients of the 2011

Heyliger Award for Aquatics.

Dawn Haines has been involved in the Dover pools for many years as a parent of a swimmer in the Seacoast Swimming Association. She is very supportive of the team through her volunteer efforts every year. Even more significant, she stepped up to lead the charge in support of the Dover pools when they were threatened with closure due to budget constraints. She was able to get the word out that public involvement was needed to make a statement to the Dover City Council that the pools are a vital part of what makes Dover a great place to live and work. Many people stepped up to follow her lead, made statements in support of the pools, and offered their energy to find new ways to fund some of the costs to keep the pools open. After a budget was approved that would sustain the pools, a group led by Dawn asked the city council to form an official committee to work with the city on the future direction of the pools and aquatics programs. The Dover Pool Advisory Committee was formed and Dawn was elected chairperson. She has been the face of the committee in the community for the last several years. She has worked to build bridges to the different constituencies of the pools so that they can all be

heard. Her efforts have enabled them to stay engaged in the ongoing efforts to keep the pools viewed as an integral part of Dover's present and future life. Dawn has clearly given her all to raise awareness of the importance of the pools and aquatics in Dover and she truly deserves to be recognized for that great work as a Heyliger Award recipient.

Suzanne Petersen is the other Heyliger Award for Aquatics winner. While Dawn was gathering support for the pools during the budget crisis, Suzanne made herself and her talents available to be a part of the cause. She swims frequently at the pools and did not want the community to lose the pools. Suzanne is the epitome of the worker bee who tirelessly keeps thing moving in order to help the greatest good to be accomplished. She has a multitude of talents and seemingly endless energy that she applies to a variety of tasks. She volunteered to be a member of the Pool Advisory Committee and took on the role of secretary. She also chaired the subcommittee on marketing in the first year to help get the word out about the pools and what they have to offer. She works with Aquatics Facility Manager Michael Arsenault to get the newsletter out each month. Suzanne has actively



L-R; Suzanne Petersen and Dawn Haines

worked on developing material to post on the website and now on the Facebook page. She has volunteered to coordinate and staff many special activity nights and theme events to draw in people who might not be regular pool patrons. Much of our current publicity and marketing efforts are available in part due to Suzanne's encouragement and efforts. She understands how important it is that the pools and programs we offer are at the forefront of what people think about when they consider the quality of life in Dover. She tries to create the link between a healthy community and a robust aquatics program. Suzanne Petersen is the dedicated worker that every community needs to thrive. Fortunately, she has chosen to dedicate a good portion of her current life efforts for the benefit of Dover's pools now and for the future. Suzanne is a very worthy recipient of a 2011 Heyliger Award for Aquatics.

Giving to the Dover Pools

Since its inception in 2010, the Dover Pool Advisory Committee has been working hard to help secure the pools' financial future. Through several fundraisers and generous donations from individuals, the pools have gotten a boost of more than \$35,000 toward the city council's stated annual fundraising goal of \$50,000. Every dollar counts. Every vote of support for the pools counts. If you can, please consider making a donation and/or let your city councilors know why you support the pools.

Dover has two funds that were created in 2010 to help the financial situation of the pools. Donation to both funds are tax-deductible.

The **Dover Pool Fund** is a way for people to give directly to the pools. The Dover City Council, with guidance from the pool advisory committee, will decide how this money should be used most advantageously for pool-related expenses. This fund is the more immediate and usable form of donation. If you choose to donate in this way, please make your check payable to the City of Dover Pool Fund and mail to:

Dover Pool Fund
c/o City of Dover
61 Locust St.
Dover, NH 03820

The **Dover Pool Endowment Fund** was created by a generous private citizen to provide financial support for capital improvements and non-personnel related expenses at and for the pools. It is managed with the assistance of a city-appointed board and the city's trustees. As an endowment, only the interest from the fund can be used to support the pools. To donate, please make your check payable to the Dover Pool Endowment Fund and mail to:

Dover Pool Endowment Fund
c/o City of Dover
61 Locust St.
Dover, NH 03820



If you can afford a donation, small or grand, please give and show your support. The Dover City Council needs to see how much the pools mean to all the people of Dover and the region, now and for the future.

Thank you!!



Jenny Thompson Nominated for US Olympic Hall of Fame

Dover's own Jenny Thompson has been honored yet again for her outstanding athleticism and accomplishments. People from the area can weigh in on the issue and cast votes to support her nomination to the US Olympic Hall of Fame. Voting is allowed through April 9, 2012 at www.TeamUSA.org/halloffame. Let the committee know that we support Jenny not only as Dover's hero, but as a hero for the whole USA.

Jenny Thompson Bath House Update

Work continues at the outdoor pool. Sections of new pool covers have been ordered for the main lap area. Inside, work is under way to tile the shower areas and finish the lobby. With the early arrival of spring, landscaping work will begin soon. If you have an interest in helping out with the gardens, please let us know; much needs to be done. The old Jenny Thompson facility will soon be a memory. We hope the new and improved Jenny Thompson facility will make all of Dover proud and that it will please the many swimmers who use it. Stay tuned for grand re-opening festivities!

Special Dates and Events to Note:

May 19 and 20: Breathe NH will use Henry Law Park as a support and rest stop for its cross-New Hampshire bicycle ride. Parking might be tight early on the 19th and late-morning to early afternoon on the 20th.



Private Swim Lessons

Proper technique is an essential piece to make swimming enjoyable and to help you reach your speed potential. Understanding exactly what your body is or is not doing properly can help you improve your efficiency in the water. What you think your body is doing and what it is actually doing are frequently two very different things. If you want to improve, the Dover Indoor Pool offers several options to help with your swim strokes:

½ hr lesson 15.00 1hr. lesson 30.00 1 hr. lesson with video 50.00*

1hr. lesson with video and voice over analysis 75.00*

1hr. lesson with video, voice over analysis, prescriptive drills and workouts 100.00*



Is Your Swim Suit Tired?

Everyone has been there: you want to go for a swim, but the old swim suit is on its last leg. You go to the pool, put the suit on and it seems to be OK. You get in the water and have a good swim. But... by the time you get out of the pool, the suit is quite literally hanging off you. It technically is still a swim suit, but you and others know that it is little more than a collection of threads. You make a mad dash for the locker room, take your shower, get dressed, and head home. What will you do the next time you want to swim? Replay this risqué scene?



You do have options. One is to keep a spare suit handy BEFORE you really, really need it. Another option is to wear an extra suit or street clothes on top of that old suit. A third option is to invest in a chlorine-resistant or chlorine-proof suit. Look for fabrics that have a lot of polyester or nylon with a touch of Lycra, not fabrics that are mostly Lycra. Lycra gives a suit stretch, but despite best efforts and following care instructions exactly, Lycra only truly lasts a few months in a chlorinated pool. One line of suit that we have found to be durable is Speedo's Endurance. Most Speedos, like other brands, have a limited lifetime, but the special Endurance fabric really does hold up. If you have found another brand or line that holds up well over time, please let us know so we can share that information. Even if your suit is not stretchy, be sure to look at yourself in the mirror once in a while after a swim to make sure your suit is providing good coverage, front and back.

Aqua Zumba

Known as the Zumba® "pool party," Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, laughing, hooting and hollering are all part of an Aqua Zumba® class. This class integrates the Zumba® formula of Latin and International dance and music with traditional aqua fitness disciplines. Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's low-impact, cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Ditch the work-out...join the pool party!

Participants can choose from attending on Mondays or Wednesdays from 7:00-8:00pm beginning April 2nd or 4th. Each session will be 5 weeks and the fee is \$35 for residents and \$40 for non-residents, there is a drop in fee of \$10 for those that want to take it a class at a time. Please sign up in advance as this promises to be a very popular class and will fill up fast.



DOVER INDOOR POOL SCHEDULE

Effective March 20, 2012

516-6441



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Early Bird Lap 5:30-8:30 am	Program/Rental 7:00-10:00 am	Masters Swim 9:00-11:00 am
Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am	Lessons/Rental 8:30-9:30 am	Hydrofitness 8:30-9:30 am		
Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Therapy Swim 9:30-11:00 am	Program/Rental 10:00-11:00 am	
Adult Lap Swim 11:00 - 1:00 pm						
Lessons/Rental 1:00-2:30 pm					Lessons/Rental 1:00-2:30 pm	
Rec Swim 2:30-4pm						
Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:30 pm	Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:30 pm	Program Rental 4:00- 7:00 pm	Program Rental 4:00- 6:00 pm	Mighty Seals 4:00-5:30 pm
Aqua Zumba 7:00-8:00 pm	Masters 6:30-7:45 pm.	Aqua Zumba 7:00-8:00 pm	Masters 6:30-7:45 pm	Rec. Swim 7:00-9:00 pm	Rentals 6:00-11:00 pm	
Adult Lap/Rec^ 8:00 -9:00 pm	Adult Lap/Rec^# 7:45-9:00 pm	Adult Lap/Rec^ 8:00-9:00 pm	Adult Lap /Rec^# 7:45-9:00 pm			

^ The Dive well may be closed during certain class times
#-3 lanes from 8-9pm

REC SWIM: At this time children **under 45 inches must have an adult in the water with them.** No lane lines will be in. No equipment is allowed in the pool, except for our life jackets. Children wearing one must have parent in the water with them within arms length. Children are not allowed off of the diving board wearing life jackets.

FEES (yearly membership excludes Hydrofitness and Masters)



	Daily	Punch Ticket(12)	*Yearly Indoor	6 Month Indoor
RESIDENT				
Adult	\$5.00	\$50.00	\$155.00	\$95.00
Senior	\$3.00	\$30.00	\$70.00	\$40.00
Youth	\$3.00	\$30.00	\$70.00	\$40.00
NON-RESIDENT				
Adult	\$10.00	\$100.00	\$310.00	\$186.00
Senior	\$6.00	\$60.00	\$140.00	\$84.00
Youth	\$6.00	\$60.00	\$140.00	\$84.00

Children age 3 and under are required to wear a swim diaper while swimming. Swim diapers are available for \$2 each.



Indoor Pool Rental \$120/Hr. (for 30 or less) Lane rentals \$40/Hr. Diving well \$40/Hr. Add add'l \$15/hr. for each group of 30 people or portion of 30 people over the original group.